

# Platinum #2

**Write a policy that requires healthy food and beverage choices to be available whenever food is available outside of school meal services.**



**Definition:** To meet this criterion healthy food and beverage choices must be available whenever food is provided outside of school meals. This includes school celebrations and events, class parties, assemblies, fundraisers, concession stands, vending machines, school stores, etc. A policy must be written which includes a specific definition of healthy choices and a list of foods that meet the definition. This policy will help schools create a unified school environment for nutrition standards.

**Rationale:** A school's nutrition environment is influenced by all food available at the school. Foods with little nutritional value compete with healthy school meals. Mixed signals are sent to students when health and nutrition are taught in the classroom but are not upheld in the lunch area. By providing healthy choices to students their eating habits and education achievements will improve.<sup>1, 2</sup>

1. American Journal of Clinical Nutrition, *Brief fasting, stress, and cognition in Children*, 1981, Vol 34
2. Journal of Psychiatric Research, *Fasting and cognitive function*, Vol 17 issue 2

## Resources

*Changing the Scene Kit*

Support Materials  
A Guide to Local Action

*Schools Foods Tool Kit*

"The Facts: Competitive Foods"  
Pages 18-20

<http://www.cspinet.org/schoolfoodkit/>

*Nutritional Integrity* [http://www.cspinet.org/nutritionpolicy/nutritional\\_integrity.pdf](http://www.cspinet.org/nutritionpolicy/nutritional_integrity.pdf)

*Foods Sold in Competition with USDA School Meals Programs*

[http://www.cspinet.org/nutritionpolicy/Foods\\_Sold\\_in\\_Competition\\_with\\_USDA\\_School\\_Meal\\_Programs.pdf](http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf)

*Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth.*

Institute of Medicine, 2006

<http://www.iom.edu/CMS/3788/30181/42502.aspx>

*Model School Wellness Policies.* National Alliance for Nutrition and Activity (NANA), 2005.

<http://www.schoolwellnesspolicies.org/resources/NANAWellnessPolicies.pdf>

Action for Healthy Kids. *The Learning Connection: The value of Improving nutrition and Physical Activity in Our Schools.* October 2004. [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org)

# Assignments

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## **School Coordinator Assignments**

- Determine school's current policy
- Determine how school will incorporate policy
- Review policy
- Promote awareness of the policy among school leaders and teachers
- Determine best channels to reach teachers, parents, and school policymakers
- Introduce policy in faculty meeting
- Determine methods to ensure compliance with the policy
- Assess teacher awareness of the policy
- Encourage organizations to sell non-food items for fund-raisers
- Determine methods to ensure compliance with the policy

## **Mentor Assignments**

- Provide school coordinator ideas/resources to support this policy
- Provide examples of written policy to school coordinator
- Write policy
- Give draft to school coordinator and principal
- Submit a draft of the policy to your LHD
- Revise policy if necessary and submit to principal for endorsement
- Provide School Coordinator with promotion ideas
- Promote awareness of the policy
- Submit final policy with the end-year report

## Platinum #2 Ideas

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- Provide reminders to parents about bringing healthy options in newsletters
- Inform teachers, staff, students, parents, PTA/PTO, etc. of this policy for consistent nutrition standards
- Turn vending machines off during school hours
- Use non-food fundraisers or sell healthy food at fundraisers
  - If you choose to have food fundraisers do not allow unhealthy fundraising and bake sale items to be sold during lunch hours
- Change drinks offered in vending machines to 100% fruit juices, Gatorade, and water
- Ensure that nutritious food options are provided in the cafeteria
- Provide attractive fruits, vegetables, whole grains, and low-fat or non-fat dairy options at meal times
- Decrease unhealthy food choices in lunch/vending machines

# Healthy Choices Policy Template

A policy defines an action a school will be taking to improve their health environment. Policies make lasting changes and stay with the school through faculty and administrative changes.

A Gold Medal Schools policy must include an Intent, Rationale, and Reinforcement. The school's copy of the policy must also include the principal's signature. Use this template to write your policy (all information is required).

A sample policy for this criterion can be found on the next page.

## The policy must include...

### □ Intent

- "Healthy food and beverage choices shall be available wherever and whenever food and beverages are available outside of school meals. This includes school celebrations and events, a la carte, class parties, assemblies, fundraisers, concession stands, vending machines, school stores, etc."
- "Health choices must meet the following guidelines."

### **Nutrition Guidelines for Food**

Snack items should not exceed:

- 200 calories
- 35% calories from fat (not to exceed 35 calories from fat per 100 kcal)
- 10% calories from saturated and trans fat (not to exceed 1 g saturated and trans fat per 100 kcal)
- 35% calories from total sugar by weight

A la carte items should not exceed:

- 400 calories
- 35% calories from fat (not to exceed 35 calories from fat per 100 kcal)
- 10% calories from saturated and trans fat (not to exceed 1 gm saturated and trans fat per 100 kcal)
- 35% calories from total sugar by weight

In addition, it is recommended that the snacks and a la carte food items contain one of the following:

- 5gm protein per serving
- 2gm fiber per serving
- 10% of the DV for any of the following – calcium, iron, vitamin A or vitamin C

NOTE: Nutrition guidelines for food does not include legumes, nuts, nut butters, seeds, egg, cheese, vegetables (not fried), and fruits.

### **Nutrition Guidelines for Beverages**

Beverages should be limited to:

- Water that is non-flavored, non-sweetened, non-carbonated
- 100% fruit and/or vegetable juice with no added sweeteners
- Unflavored/flavored low fat (1%) and fat free milk and milk alternatives (soy and rice) with no more than 30gm carbohydrate per 8oz

### **Calculations:**

Calories from total fat

$$\text{calories from fat} \div \text{total calories} \times 100$$

Calories from saturated fat

$$\text{grams of saturated fat} \times 9 = \text{calories from saturated fat}$$

$$\text{calories from saturated fat} \div \text{total calories} \times 100$$

Total sugar by weight

$$\text{Grams of sugar} \div \text{gram weight of product} \times 100$$

### ○ **“Examples of Healthy Food and Beverage Choices:**

Fresh fruit	Nuts and seeds
Canned fruit in water or fruit juice	Fruit Rockets (applesauce w/ different flavorings)
Fresh Vegetables with low-fat dip	Fruit leather
Hummus with whole grain crackers or chips	Baked chips
Water-packed Sunkist tuna with crackers	Pudding –low fat
Snyder’s pretzels	100% fruit and/or vegetable juices
Beef jerky –97% fat free	Cereal bowls
Yogurt and/or gogurt	Nature Valley granola bars
String cheese	Quaker fruit and oatmeal bars
Breakfast cereal bars	Soymilk
Trail mix	Low fat or fat free milk”

- Rationale
  - Support for this policy
- Reinforcement
  - How this policy will be communicated to faculty, staff, parents, fundraising groups, PTA and any other groups or people bringing food into the school outside of school meals
  - “This policy will be reviewed each year.”
  - If there are any consequences to violating this policy they should be listed here

# Healthy Choices Policy

**Intent:** Healthy food and beverage choices shall be available wherever and whenever food and beverages are available outside of school meals. This includes school celebrations and events, a la carte, class parties, assemblies, fundraisers, concession stands, vending machines, school stores, etc.

Healthy choices must meet the following guidelines:

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## **Calculations:**

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Calories from saturated fat

grams of saturated fat x 9 = calories from saturated fat

calories from saturated fat ÷ total calories x 100

Total sugar by weight

Grams of sugar ÷ gram weight of product x 100

### Examples of Healthy Food and Beverage Choices:

Fresh fruit

Canned fruit in water or fruit juice

Fresh Vegetables with low-fat dip

Hummus with whole grain crackers or chips

Water-packed Sunkist tuna with crackers

Snyder's pretzels

Beef jerky –97% fat free

Yogurt and/or gogurt

String cheese

Breakfast cereal bars

Trail mix

Nuts and seeds

Fruit Leather

Fruit Rockets (applesauce w/ different flavorings)

Baked chips

Pudding –low fat

100% fruit and/or

vegetable juices

Cereal bowls

Nature Valley granola bars

Quaker fruit and oatmeal bars

Soymilk

Low fat or fat free milk

**Rationale:** A school's nutrition environment is influenced by all food available at the school. Foods with little nutritional value compete with healthy school meals. Mixed signals are sent to students when health and nutrition are taught in the classroom but are not upheld in the lunch area. By providing healthy choices to students their eating habits and education achievements will improve.<sup>1,2</sup>

**Reinforcement:** This policy will be reviewed each year. Faculty, staff, parents, PTA, fundraising groups and all other groups or people bringing food into the school will be given a copy of this policy each year.

All groups in violation of this policy will:

- On first violation receive a warning
- On second violation be asked to remove food that day
- On third violation no longer have the privilege to bring food on school property or at school-sponsored functions.

### PRINCIPAL ENDORSEMENT

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Principal's Name

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Principal's Signature

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Date

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